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ABSTRACT

Part of a series of home literacy readers with conversational text and sketches, this booklet depicts the subarctic Alaskan environment where cold makes extreme demands on body metabolism. Body temperature must be maintained above 80F (26.7C). A condition of too little body-heat is termed hypo- ('deficit') thermia ('heat'). Hypothermia is the number one killer of the great outdoors. Exposure to cold, wind and wetness brings on chills and shivering. Exhaustion follows, with poor coordination of hands, speech, and thought. Chilled persons can fumble, fall, and feel irresistably sleepy. If allowed to sleep, they will die. First aid for critical conditions is wakefulness and warmth. Provision of shelter from wind and cold may involve setting up camp early: getting into dry clothes: climbing into a bedroll heated with wrapped canteens or rocks: providing skin-to-skin heat transfer: eating warm food: and drinking warm non-alcoholic beverages. Body-heat maintenance entails more than active movement. It requires provision for wind- and rain-resistant clothing: a good tent: fire materials: high energy trail food (such a good tent: fire materials: trail food (such as dry fish, nuts, jerky, candy), etc. Careful maintainence of adequate body-heat obviates hypothermia. (SC)

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Cold Blooded Killer

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Hypothermia

Adapted from material provided by

Tanana Valley Chapter, American Red Cross

and

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The Cold Blooded Killer

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and U. S. Department of Agriculture Cooperating

You are out camping,

or fishing,

or picking berries,

or riding your snow-go.

You get cold.

You start to shake.

You walk and run to get warm.

But you don't get warm.

You get very tired.

You sit down.

You have a hard time getting up.

You shake more and more.

You get colder and colder.

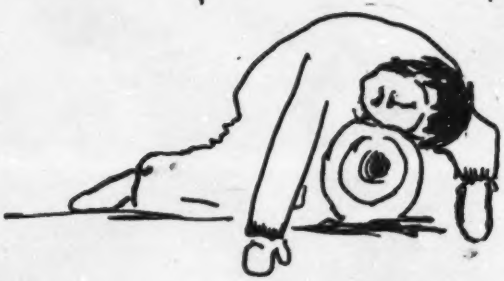
This is called **Exposure**

Exposure makes you weak.
You get very tired.

You get very, very tired.

This is called **Exhaustion**.
You are wiped out.

When you are wiped out, you lose body heat.

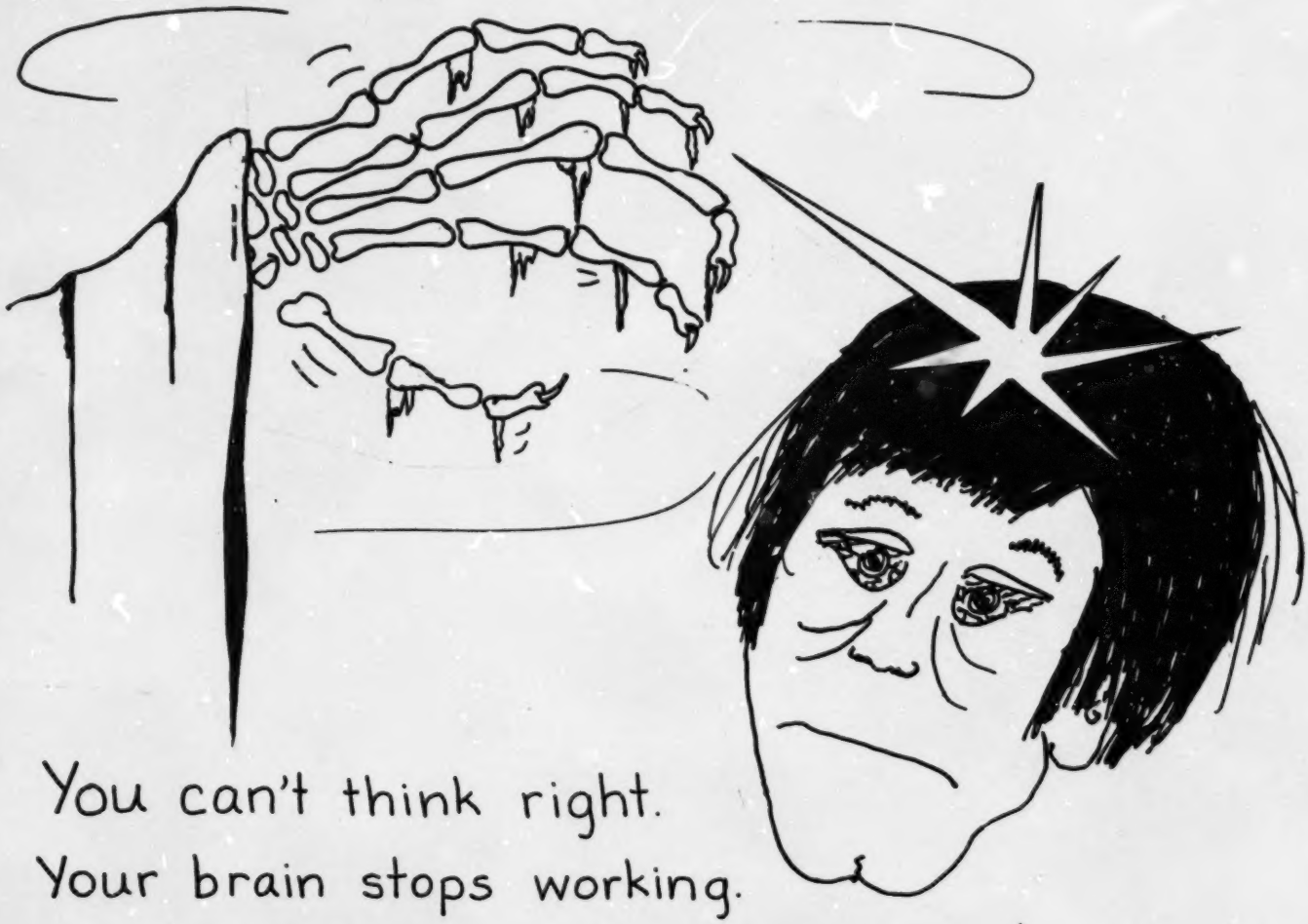


Fast!

You shiver.
Your lips get stiff.
Your talk is slow.
You can't remember things.
Your hands fumble.
You stumble and fall.
You feel exhausted.
You sit down.
You can't get up.
You feel sleepy.

Then...

The cold gets to your brain.



You can't think right.
Your brain stops working.
Your hands are like dead fish.
You are so cold.
You just want to sleep.

To sleep is to **die!**

The Killer Strikes

Hypothermia

Take it from one who knows!
American Red Cross
Volunteer

Hypothermia is the **Number 1 Killer** of the great outdoors.

It can happen to **you!**

What is **Hypothermia**

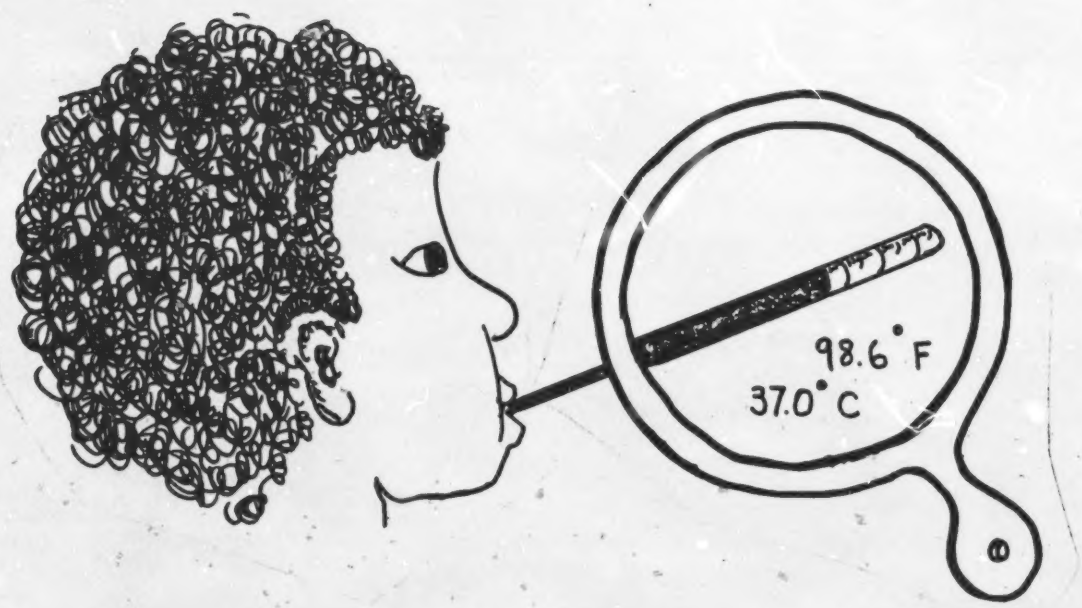
Hypo = "too little"

thermia = "heat"

Hypothermia = "too little heat"

Hypothermia means too cold.

Your body temperature is



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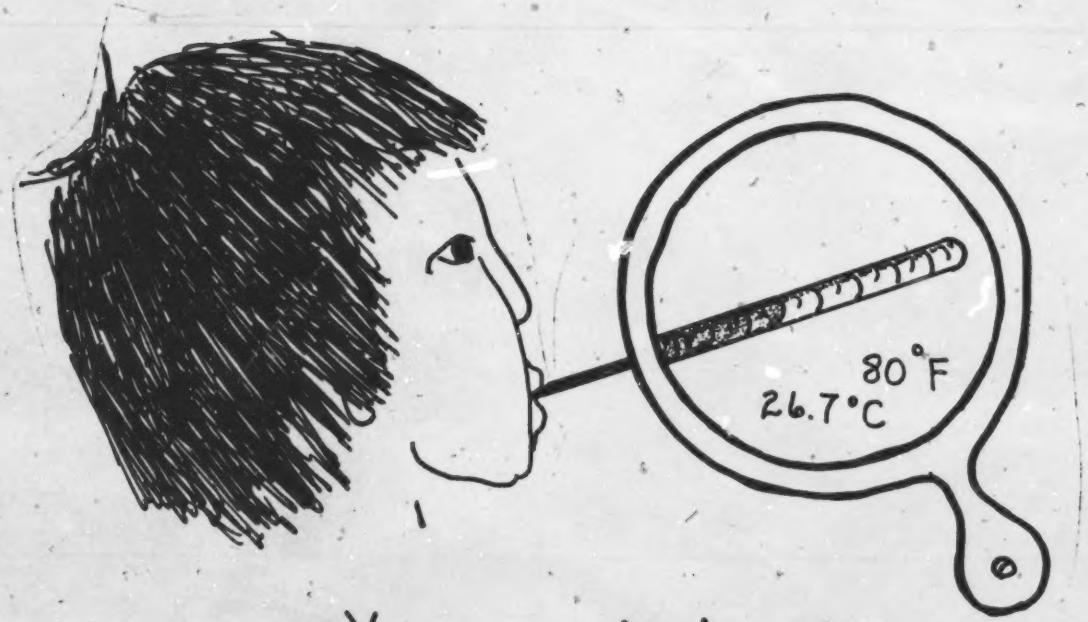

You can **die!**

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Most hypothermia happens when it is
30°F to 50°F **above zero!**

People don't think 30°F to 50°F is cold.
They don't dress for cold.

People don't stay dry.

People don't keep out of the wind.

They don't go inside when they are cold.

People won't tell a friend they are cold.

They think it is brave to "stick it out."

Sometimes people even lie and say they are OK.

Sometimes they don't know they are not OK.

Then they start to shiver.

If **YOU** start to shiver –

Make camp!
Build a fire!

Make camp <u>before</u> you get exhausted.
Make camp <u>before</u> your hands stop working.

Make camp even if –

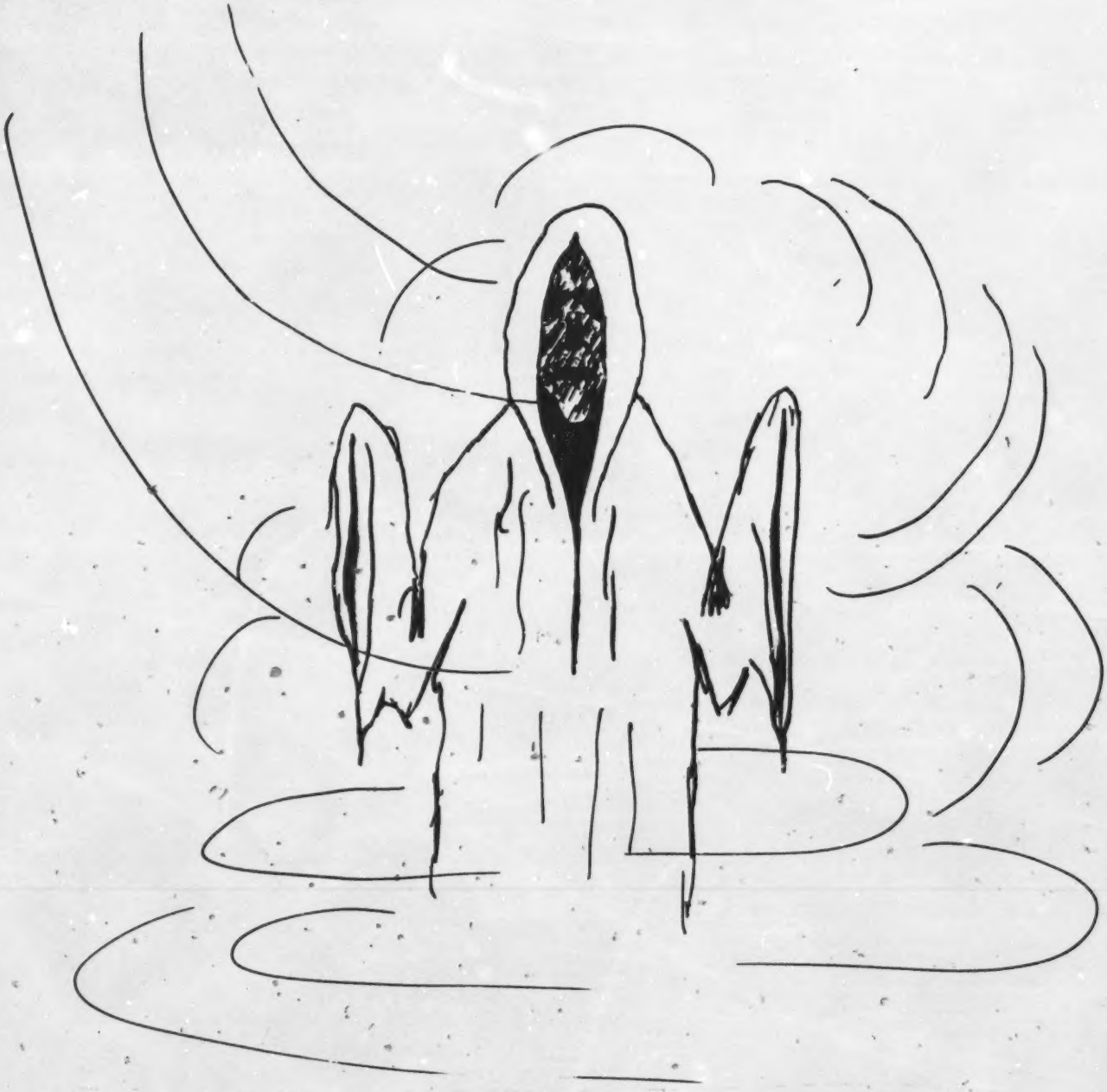
You didn't catch a fish.

You didn't get to the top.

You didn't get a moose.

Your friends want to stay on the snow-go.

If you wait too long...



The Killer Strikes

Hypothermia

Beat the cold blooded killer!

Here's what YOU can do.

1. **Take your buddy with you.**

Two heads are
better than one.

2. **Stay dry.**

Wet clothes make you colder.

Change clothes if you get wet.

3. **Don't eat snow.**

Snow will make you colder.

4. Stay out of wind.

Wind drives cold air into and under clothes.

Wind takes away body heat.

5. Use your warm clothes.

Put on rain clothes <u>before</u> you get wet.

Put on warm clothes <u>before</u> you get cold.

Keep your head covered. You lose a lot of heat if you don't.

The Killer Strikes

Here's what to do for a person with hypothermia

Is the person able to walk?

1. Get him out of the wind.
2. Help him take off wet clothes.
3. Put dry clothes on him.
4. Help him into a sleeping bag.
5. Wrap warm (not hot) rocks or a canteen.
6. Put the rocks in the sleeping bag.
7. Give him warm drinks.
8. Do not give him liquor!

Is the person really bad?

Get him to a hospital!

If you cannot...

1. Try to keep him awake.
2. Take his clothes off.
3. Put him in a sleeping bag. Hurry!
4. Take off your clothes.
5. Get in the sleeping bag with the person.
6. If there is another person have him take off his clothes and get in the sleeping bag too.
7. Put the person between you.

Warm him skin to skin.

Think Hypothermia!

When you are going outdoors:

1. Take rain clothes good for wind.
2. Take a lot of warm clothes. Wool. Fur. Down.

3. Take a good sleeping bag.
4. Take a good tent.
5. Take trail food. Nuts. Jerky. Candy. Dry fish. Keep eating.
6. Take something for starting a fire.

Then -

If you feel cold -

Make camp.
Build a fire.

Don't let the killer get you!

Think:

Hypothermia is caused by

Exposure to cold

Exposure to wet

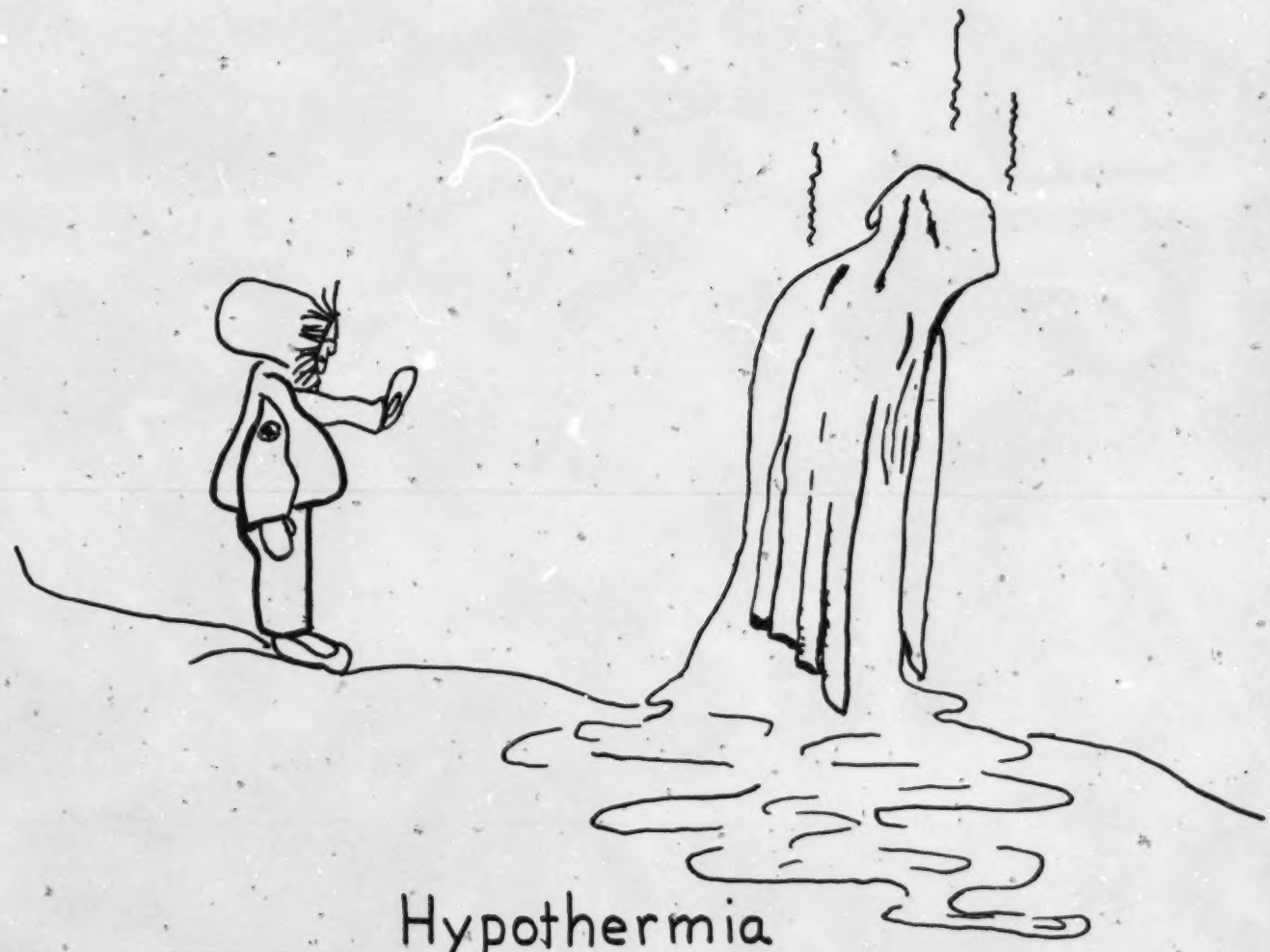
Exposure to wind

and

Exhaustion.

Hypothermia is the Number 1 killer of people who do things outdoors.

Beat the killer!



Hypothermia

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